



GET READY, SANTA BARBARA!

Increasing emergency awareness and preparedness in our community

THE HOLIDAYS ARE HERE!



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Dinner's in the oven, fireplace is crackling and the candles are lit up. All these really put us in the mood for holiday time, but are also risks for fire, burns and other hazards. Here are some quick tips for having a safer and more enjoyable holiday season:

IN THE KITCHEN

Believe it or not, the leading cause of home fires and injuries is home cooking. The good part of the story is that simple measures can help prevent these.

If it's cooking, keep an eye on it! Don't leave your kitchen unattended while you have things in the stove or oven. Have your favorite chair along with a book or a good ball game on TV. Now sit and relax –not too much! – and supervise the process of that turkey or roast until it reaches that glory point!

Keep an eye on kids. It is wise to declare a "safe zone" of three feet around your stove. Same applies for pets.

Prevent Burns. Avoid bumping a pot and spilling hot food. Open microwaved food slowly and never use a wet oven mitt or pot holder.

Dress properly. Loose clothing can easily catch fire. Use appropriate clothes or roll up your sleeves.

CANDLE WITH CARE.

On average, a candle fire in the home is reported to a U.S. fire department every 40 minutes. More than half of all candle fires start when things that can burn are too close to the candle.

Reduce the risk. Never leave a burning candle unattended. Keep candles at least three feet away from anything that can burn and avoid placing lit candles in windows or near doorways' drafts.

Use candles safely. Always use candle holders that are sturdy, and non-combustible and. Place candle holders away from edges and any places they can be knocked over. Light and extinguish candles carefully.

Candles and Children. Keep an eye on children whenever there's a lit candle in the room they're in. Store candles and matches out of children's reach and sight.

FIREPLACES.

The Spanish word "*hogar*" means both fireplace and home, so it's not unusual that these fixtures tend to reunite families around it. Be safe before, during and after turning that fire on, though!

Before. Chimneys, just like any other heating equipment, should be inspected and cleaned every year.

During. Make sure a sturdy screen is set in place in your fireplace to avoid sparks flying into your living space.

After. Allow ashes to completely cool down before disposing in a metal container.

Remember the holiday season is all about having a nice time around the ones you love, so what better way to do it than in a safe, low risk, and prepared environment. Happy holidays!

Upcoming Issues

12-Months to Preparedness

Cash it out!

Now that we're winding down to the end of the year you are already pretty prepared but there are just a few more things you can do to make sure you're completely and totally prepared. This month, take your preparedness budget and set it aside as cash for your kit. Try and obtain a variety of bills, the majority of them in 1's, 5's and 10's. In the event of a large scale disaster cash may be the only way to pay for goods and supplies for a while until major infrastructure repairs have been made.

Join Nextdoor.com!

Have you heard about Nextdoor.com? It is a website the city pays for so you can join and have access to your neighbors! When you register you will have to verify your address but once done you will have access to all sorts of things that only you and your neighbors (in your verified neighborhood) have access to! This includes free classified listings, lost and found listings etc. as well as information posted by the city such as street closures and construction that affects your neighborhood directly. So sign up and get to know your neighbors now, before a disaster strikes!

DECEMBER
Know Your Neighbor

2014!

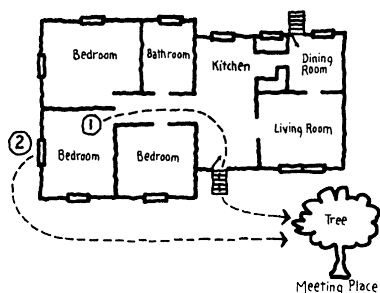
JANUARY
Floods

FEBRUARY
Wind Storms

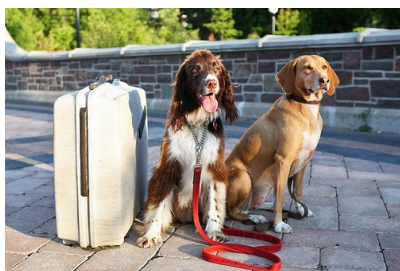
MARCH
Tsunamis



Implementing Your Plan



Don't forget to practice with your pets!



People don't do what they've learned, but what they have practiced.



When talking about implementing a plan we need understand what that means. Webster's dictionary defines it as such:

"(verb) to put into effect according to a plan or procedure..."

We have heard and seen the motto of Ready.gov, "Be Informed, Make a Kit, Have a Plan" but how many of us, who actually have a plan, practice it? Or do you just check the box that says you have your plan?

According to the 5/16/2013 Forbes article by John Zogby, [Americans Neither Worried Nor Prepared In Case of a Disaster: SUN-YIT-Zogby Analytic Poll](#), "Only one in four Americans or less are concerned that an emergency situation like a terrorist attack, natural disaster, or health pandemic will affect their community..."

Although Americans feel confident that they understand preparedness, they are not ready for such situations. The article above sites that, "While 55% of respondents said that they were 'confident in their knowledge of proper safety procedures', only 36% said that they presently 'have an emergency plan in place.'" What I don't find is how many people have actually implemented their plans by practicing them.

What would you do if you received a knock on the door saying you only had 10 minutes to evacuate your home; would you be ready?

Are you one of many that have checked the box "Yes! I have a plan" but have never practiced or given the plan to a relative or friend out of state?

During an emergency is not the time to practice your plan, but before a disaster strikes. Remember, "People don't do what they've learned, but what they have practiced." Let me ask you this question, "What is on the back of a penny?" (Don't look!)

So how do I practice my plan?

Preparing your family for a disaster involves more than just creating a plan. Each family member—especially children—needs to know exactly what to do during an emergency. Here are some helpful suggestions



to communicate the importance of disaster preparedness to your family.

Designate Roles. Give everyone in your family a responsibility. Allow them to feel as if they are an integral part in the plan and that they each have an important contribution to make.

Role-play. Younger family members are easily upset when they see a parent worried or panicking. Spend an afternoon pretending that an emergency has happened and allow everyone to practice their designated roles. This will help your family be better prepared for the rush of emotions that come during a disaster. Remember to include your pets.

Visit Emergency Meeting Places. If you have chosen an emergency meeting place out-of-state, make certain your family is familiar with it. Help them recognize landmarks (i.e. buildings, signs, curiously shaped trees or other landmarks, etc.) that will remind them of where they are or where they should be going.

Introduce Your Family to Emergency Contacts. Young children may not be comfortable talking with strangers—even strangers that Mom and Dad designate as being safe. Introduce your children to your contacts, so they develop a level of comfort. It's also a good idea to have children learn to recognize safe authority figures (i.e. firemen, police officers, sheriff's deputies, etc.).

Quiz Your Family. Regularly quiz your family on your emergency preparedness plan. You can easily disguise preparedness as a game for younger children. *Who's our local emergency contact? Where do we go when there's an emergency? Who's responsible for watching the dog?*

Point Out Emergency kits. Be sure everybody in your family knows where your emergency kits are located. Keep your emergency kit in one place—if you move it, let everybody know. This will help cut down on confusion during an emergency.

Be Honest. Everyone in your family will have questions about preparedness. Take the time to address questions, concerns and fears. Everyone will feel better if they know they are being dealt with honestly and are able to play a part in getting the family through the crisis.

Santa Barbara History—Dia de Muertos, The Day of the Dead

You may already be a *connoisseur* or someone who's never heard of it, but "Día de Muertos", or the day of the dead, is one of the most colorful – both in metaphorical and strict meaning – Mexican traditions gaining ground in our community. But, what is the meaning of it? How far back in history does it really go? Is this somehow related to Halloween?

Día de Muertos goes back to the pre-Columbian days. Mexicas –commonly called Aztecs –along with most Mesoamerican cultures dedicated a whole 20-day month around modern August to celebrate Hueymiccaiuitl, the great goddess of the dead. After the Christianization, this festivity was kept but moved to match the Catholic festivity set in November 2, and the goddess became "La Catrina" –a female dandy skeleton.



"La Catrina" by José Guadalupe Posada

Getting Involved—SBRN

SBRN is the acronym for Santa Barbara Response Network. SBRN is a grassroots volunteer community organization dedicated to offering psychological first aid and support for resilient recovery from crisis and trauma.

SBRN formed when concerned members of our community came together in the fall of 2009 to take action in the face of a cluster of suicides among local Latino youth and the fear that it would spread to a contagion. A plan quickly took shape for learning how to establish grass roots, volunteer organization that could respond quickly enough to provide preventive support such as Psychological First Aid (PFA), stress management, education about short-term coping and long-term wellness behaviors, and referrals to local agencies for continued care.

SBRN provides its services free of charge. Typically, a call or email comes into the network from someone who has witnessed or experienced a traumatic event in the community.

The goal of SBRN and of PFA is to help people

The modern celebration is set around the arrangement of altars for deceased ones. This creates a place where spirits can be welcomed, and a vigil is set in place by their relatives. Candles, "Cempasuchitl" –marigold flowers–, paper decorations, candy skulls, music and even their favorite food and drink can usually be found along pictures or memorabilia in the deceased's altar. Another tradition is to visit cemeteries and arrange the actual gravesite in a similar fashion.

The Day of the Dead is not related to Halloween celebration as they are, in fact, completely different in nature. Whereas in Halloween the dead souls are to be feared, in *Día de Muertos* they are revered and welcome.

So go out and celebrate the dead, your own or humanity's. Visit an altar exhibit or make yours at home! Just watch out for all those candles and paper trimmings. Be safe and don't leave your altar unattended!

If you want to learn more, [Click here](#)

If you want to learn where you can visit an exhibit, [Click here](#) or [click here](#)

Do you have some Santa Barbara history you want to share? Maybe you have some interesting family history you want to share or maybe you have a question about something. We want to hear it! Send us your stories of, or questions about, Santa Barbara history to PRomero@SantaBarbaraCa.gov



Traditional altars



use their existing strengths to cope with traumatic incidents. PFA volunteers' help survivors identify the resources that they have available to them including individual strengths and social support.

The goal of our intervention is to help people use their natural resources in response to a trauma and to offer referrals to those who need additional support. At the core of our approach is Psychological First Aid (PFA), a supportive intervention built on a belief in human resilience that promotes adaptive responses to tragic and potentially traumatic events. This approach provides direct service to the person in trauma by supporting their immediate needs after the traumatic critical incident, and fosters social change because it avoids customary patterns of service delivery that require clients to seek services.

PFA is provided and referrals to local social services are offered to those who need them.

To learn more about PFA log onto,

<http://learn.nctsn.org/course/category.php?id=11>

Or to get involved [click here](#).



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We're on the Web!

www.santabarbaraca.gov/oes

and

<https://www.facebook.com/CityofSBOES>

November Disaster Quiz

The largest earthquake in the United States did not take place in California but in the Midwest. This quiz covers some facts about the New Madrid Fault.

- In what years did the New Madrid quakes occur?
 - 1811-1812
 - 1843-1844
 - 1745-1746
 - 1901-1902
- In what state is the city of New Madrid located?
 - Arkansas
 - Illinois
 - Kentucky
 - Missouri



3. How many square miles did the new Madrid quakes effect?

- 90,000
- 65,000
- 50,000
- 5,000

4. In the New Madrid area, some minor activity in the fault is frequently felt. How many rumbling and trembling are felt every year?

- Over 300
- About 150
- About 11 or 12
- 3 or 4 a year

The quake shook so hard that the villages of Kentucky Bend, Kentucky and Reverie, Tennessee were shifted from the eastside of the Mississippi to the west.






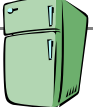





1. a. 2. b. 3. c. 4. d.

City News: Third Annual All County CERT Drill — On Saturday October 26, 2013, Carpinteria, CA had a 7.8 earthquake. Okay, not really, but they did simulate one so that we could hold our third annual all county CERT Drill. There were over 30 victims and almost 50 CERT graduates that came together to work as a team and rescue victims. To date there have been over 4,000 residents in Santa Barbara County that have gone through the CERT program. Those that have gone through the CERT program in that last several years have been Teens, Hispanic, Filipinos, SBCC Staff members, UCSB staff and students, and those with Access and Functional Needs community, to name a few. The CERT course is a 24 hours course that covers Disaster Preparedness, fire suppression, medical/triage, light search and rescue, team organization, terrorism, and disaster psychology. To find out when the next classes are coming go to the County's CERT facebook page at <https://www.facebook.com/CERTSBCCounty>



Upcoming Events

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Book Lovers Day 
3 Turn Your Clocks Back 	4	5	6 Saxophone Day 	7	8	9
10	11 Veteran's Day 	12	13 Sadie Hawkins Day 	14	15 Clean Out Your Refrigerator Day 	16
17 World Peace Day 	18	19	20	21 Great American Smokeout 	22	23
24	25	26 National Parfait Day 	27	28 Thanksgiving 	29 Black Friday 	30